

From our friends at the Waverly Health Center

Employee Return to Work

Waverly Health Center and its clinics are getting requests from employees of local businesses to provide them with a letter stating they do not have the Coronavirus (COVID-19). Since we are not able to test everyone who wants to be tested, we are unable to provide documentation clearing them to return for work. The guidance below has been provided by the Iowa Department of Public Health. Additional information or guidance may be available through Bremer County Public Health.

What are the symptoms of COVID-19? *Symptoms may appear 2-14 days after exposure.*

- Fever (body temperature of 100.4 degrees Fahrenheit or higher)
- Cough
- Shortness of breath

Who can be tested for COVID-19?

The following criteria are used to determine if someone should be tested:

- **Hospitalized patients** with fever and respiratory failure and no alternate diagnosis
- **Hospitalized older adults** (>60 years of age) with fever and respiratory symptoms (cough, difficulty breathing) and chronic medical conditions (e.g., diabetes, heart disease, immunosuppressive medications, chronic lung disease, or chronic kidney disease).
- Any persons (including healthcare providers) with household contact with a laboratory confirmed case of COVID-19 in the 14 days prior to becoming ill with fever or respiratory symptoms (e.g., cough, difficulty breathing).
- Any persons with a history of international travel to a country with a [Level 3 CDC travel](#) health warning or taken an international cruise in the 14 days prior to becoming ill with fever and respiratory symptoms (e.g., cough, difficulty breathing) and no alternate diagnosis.

Who decides who gets a test?

Providers, using the criteria above and guidance from CDC and public health, will make those determinations and prioritize patients. See above.

What if I have been exposed to someone who is being tested for COVID-19 or has been laboratory confirmed to have COVID-19?

Stay at home and isolate yourself from others in the home in the following situations:

- Taken a cruise anywhere in the world in the last 14 days.
- Traveled internationally to a country with a level 3 travel warning in the last 14 days.
- Close contact with a suspected or confirmed COVID-19 case in the last 14 days.

I have symptoms similar to COVID-19, should I get tested?

The symptoms of COVID-19 are similar to other seasonal illnesses like the flu or a cold, so just having symptoms doesn't mean you have the disease. If you are not feeling well, you should **monitor your symptoms, stay home and self-isolate**. If your symptoms worsen, call your health care provider for further guidance. If your symptoms are severe, seek care at an emergency department.

What should I do if I'm sick?

Stay home and isolate from others in the house until:

- You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)

AND

- other symptoms have improved (for example, when your cough or shortness of breath have improved)

AND

- at least 7 days have passed since your symptoms first appeared.